

## Diabetes Prevention and Treatment

**REMEMBER:** Recommended preventive health services are covered at no cost to you on all Marketplace plans.

### What is Diabetes?

More than a million people are newly diagnosed with diabetes each year, with close to 8 million going undiagnosed. Without proper treatment, diabetes can cause serious health problems, including blindness, nerve damage, kidney disease and more. It is important to know the facts and prevention methods for diabetes so that you can protect yourself and your family.

There are three types of diabetes that typically affect an individual:

- **Type 1** - The body does not produce insulin. Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. Approximately 10% of all diabetes cases are type 1.
- **Type 2** - If you have type 2 diabetes your body does not use insulin properly, causing glucose (sugar) levels to rise higher than normal. This is the most common form of diabetes making up approximately 90% of all cases worldwide.
- **Gestational Diabetes** - During pregnancy – usually around the 24th week – many women develop gestational diabetes. A diagnosis of gestational diabetes doesn't mean that you had diabetes before you conceived or that you will have diabetes after giving birth.

### Prevention

If you are currently at risk for developing diabetes, there are preventive steps you can take, including:

- Get at least 30 minutes of moderate-intensity physical activity five days a week
- Eat a variety of foods that are low in fat and reduce the number of calories you eat per day
- Lose 7% of your body weight (or 15 pounds if you weigh 200 pounds)

## Diagnosis and Treatment

Diabetes testing can be done at your doctor's office, a lab or at another health care provider. Here your doctor will run a series of blood tests to determine if your blood glucose level is very high and screen for typical [symptoms](#) of diabetes. Make sure you discuss all treatment options with your doctor if a positive diagnosis is made, such as:

- Regular blood glucose testing
- Insulin injections
- Prescription medication
- A diet and exercise regimen